

# WHY IS IT IMPORTANT?

Doing the right thing before you are being told.

Keep thoughts, emotions, behaviors and habits in check.

It is important for our boys to learn from a young age to do the right thing before someone tells them to do it. It is important to educate our boys about healthy choices and to help them to understand reasons for rules.

Provide positive attention and praise whenever our boys demonstrate self-discipline. Giving children praise for making good choices increases the likelihood that they'll repeat that behavior.

Sometimes children need to face natural consequences. A child who constantly forgets his homework at home each morning, won't learn to pack his belongings each day if his mother delivers his homework each time he forgets. Instead, he may need to face the consequence from his teacher before he learns.

Our boys should learn the importance of keeping their promises - especially the ones they make to themselves. They should also know that to have self-discipline means to keep your thoughts, emotions, behaviors and habits in check at all times.

# WATCH WHAT YOU WATCH

Why age restrictions?

Pornography.

Making informed decisions.

What influences us.

Our boys need to know that age restrictions are there to protect them. Children often lack the emotional and cognitive (brain) ability to deal with certain issues and can therefore be unable to engage in ethical thinking.

View talking about pornography as an extension of talking about sex. Once young people know about sex (as usually discussed during our camps), our MENTors can say that if they have further questions about the topic as time goes on, they would be delighted to answer them.

Be upfront and acknowledge that our boys might want to go online to try and find out information about sex and that they can then end up seeing sexual content and pornography. Remind them that self-respect means that we have control over our bodies and our

urges. A five values man will have the courage to walk away from this.

Teach boys that porn is not real, it is a performance. If our boys are not clear about this fact, their expectations and ideas about sexual relationships can be negatively impacted. Addiction to porn is a huge reality.

Make sure that you know what our boys are watching on TV, social media and the internet. Make them aware of the dangers involved and assist them in making informed decision regarding these matters even when you are not with them.

# DECISION MAKING SKILLS

Size it up.

Consequences of decisions.

Rights and responsibilities.

Children often get stuck trying to decide something because they think every decision is a huge deal. Helping our boys to learn the different levels of decisions can ease their worry-and save you both a lot of time. Explain that small decisions, like what snack to take to school, can be made quickly; medium decisions, such as which book to get from the library, require a little more thought; and larger, more important ones, like choosing a sport to participate in, call for more time and consideration.

MENtors can help children learn how to make good decisions by effectively guiding and supporting them as they practise. Allow our boys to practise making choices - this will help to build their sense of responsibility. It is important that the choice really is theirs, so provide options that you will be happy with no matter which they choose. Talk about everyday decisions. Talk through the advantages and disadvantages of each suggestion so

that our child can learn how to thoughtfully evaluate different options.

Children learn best by watching adults so make it a priority to model self-discipline when it comes to decision making. Pay attention to areas where you might struggle with discipline.

Our boys need to know that they have certain rights (like to be educated) but all right comes with a responsibility (like studying and to do your best).



# PERSEVERANCE

Way to get to what you want.

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Giving up vs moving on.

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Goal setting.

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Teach our boys that perseverance is the drive that helps you get past the hard stuff to get to what you want. Life is full of challenges and struggles and without perseverance, you won't get far in life.

It's important to point out that the definition of perseverance is not "don't give up no matter what" or "never quit". Sometimes you'll do your best but it will still be time to move on to a different goal. However, perseverance is the ability to do your best towards a goal, even though it's a big challenge.

Perseverance is what is going to make you finish the race.

Teach our boys how to set goals. Goals need to be based on action, not circumstance. Remember "I can't" doesn't exist in the TCC vocabulary but "I don't know how to yet" does.



# ANGER MANAGEMENT

Ways to deal with anger.

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Dangers of built up anger.

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Helpful exercises.

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Teach our boys that children who have self-discipline can cope with uncomfortable emotions in a healthy way. If they can learn to manage their anger, they will be able to control impulsive behavior. They can also respond respectfully when adult correct them and they can take responsibility for their behavior.

Encourage our boys to express their anger through talking or help them to convert their anger to other emotions. Every child needs to learn how to calm their emotions. This helps them to control their outward behaviour.

Helpful exercises include: taking deep breaths, walking outdoors, spending time alone or doing some form of exercise.

Another great tool is to do an activity that includes controlled punching like boxing or hitting helium filled balloons with tennis rackets, etc. It is however very important that any form of anger release does not turn into a foundation for violence.

In the end anger remains an emotions and a 5 values man needs to learn that he has control over what he does with his emotions.

